



Youth Squad Land Training

Week 2

Warm up of the week – Complete before each session

1. Foam roll quads – as needed
2. Foam roll back – as needed
3. Foam roll hamstrings – as needed
4. Downward Dog – 2 sets of 10 reps
5. Cat Cow – 2 sets of 10 reps (up and down)
6. Crucifix on front and back – 2 sets 10 reps (each leg)
7. Crab walks – 2 sets of 10 reps
8. Dying bug – 2 sets of 10 reps
9. Jumping jacks – 2 sets of 00:30
10. High knees – 2 sets of 15





Youth Land Training

Week 2

Session 1: Upper body and core

3 Exercise circuit – 4 rounds

- Air Squats – 10 reps
- Decline Push Ups – 10 reps
- Single Leg Glute Bridge – 10 reps (each leg)

Superset – 4 rounds

- Theraband front raise – 12 reps
- Jump squat – 8 reps

Dips – 3 sets of 10 reps

Crunches – 5 sets of 12

Plank – 3 sets of 00:30

Single leg squat – 3 sets of 10 reps (each leg) (use door handle to balance)

Press ups – 3 sets 10 reps

Side plank – 2 sets (1 each side) 00:40

Cycle – 60:00 minutes

Isometric streamline hold – 2 minutes





Youth Land Training

Week 2

Session 2: Tapout XT – See video on website

Walk – 30:00 minutes

Isometric streamline hold – 4 minutes





Youth Land Training

Week 2

Session 3: Full body

3 exercise circuit – 4 rounds

- Air squats – 10 reps
- Decline push ups – 10 reps
- Burpees – 12 reps

3 exercise circuit – 4 rounds

- Tricep push ups – 10 reps
- Jump squats – 10 reps
- Lunge jumps – 10 reps (each side)

3 exercise circuit – 4 rounds

- Incline push ups – 10 reps
- Mountain climber – 20 reps (total)
- Streamline reverse lunge – 8 reps (each leg)

Superset – 4 rounds - With backpack of 8KG

- Streamline step ups – 10 reps (each leg)
- Squats – 10 reps

Side plank – 2 sets (each side) of 00:45

Plank – 2 sets of 00:30

Run – 30:00 minutes

Isometric streamline hold – 6 minutes





Youth Land Training

Week 2

Session 4: Full body

3 exercise circuit – 4 rounds

- Chair Dips – 15 reps
- Press ups (Elevate hands if required) – 10 reps
- Theraband Front Raise – 20 reps

Superset – 5 rounds

- Burpees (with twist) – 10 reps
- Donkey kicks – 10 reps (each leg)

3 exercise circuit – 4 rounds

- Superman hold – 00:45
- Plank – 00:30
- Side Plank – 00:15 (each side)

Superset – 15 rounds

- 01:00 minute skipping into 15 Squat thrusts – continuous, no rest

Walk – 45:00 minutes

Isometric streamline hold – 8 minutes





Youth Land Training

Week 2

Session 5: Lower body and core

Superset – 5 rounds

- Plank - 00:30
- Streamline crunches - 00:30

4 exercise circuit – 4 rounds

- Burpee into star jump – 8
- Press up – 2
- Burpee into tuck jump – 8
- Chair Dip – 4

Squats – 20

Side Lunge – 10 (each leg)

Reverse Lunge – 10 (each leg)

Single Leg Glute Bridge – 10 (each leg)

Step Ups – 10 (each leg)

Skipping – 15:00 Continuous (every 3rd minute increase cadence)

Isometric streamline hold – How long can you go? Let me know, winner gets a virtual high five.

